

Digging Your Grave Goyim With Diet

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THERE is a lot of debate and a lot agenda's on diet right now. So what is right... Cultures that don't eat the modern western diet have excellent health and live long. Guess who lives long and has good health in the western world. People who don't eat the modern western diet.

Fast Food is poison just watch "Super Size Me" the guy almost died from eating at McDonalds for a month daily. There is no once and awhile its all poison. Now what business sense does it make to poison your cliental to death? Perhaps this might be done on purpose using food as weapon to make the Goyim sick and die. While robbing them in big pharma business for all their money keeping them barely alive on drugs that don't do much and make them worse. Remember the Rothschild pharma company was caught shipping HIV infect blood to other nations to knowingly infect them with AIDS. Make them sick for life and making billions of dollars off selling them drugs but no cure.

Take a look at who runs the major food companies..... Jews. Do you think they are doing the same thing with food.

The other problem is people are eating too much animal products and its killing them. Meat is a high source of protein, saturated fats and other things. Its also the good the bad and the ugly. People like to eat this because its a fast and major dump of nutrients into their system along with other animal products. Its making up for the lack of anything else in the diet.

However if you eat this stuff too much what then happens is the extra amounts of protein start to cause cancer forming situations the excess saturated fat starts to build up in peoples arties giving them heart disease and Alzheimer's and the excessive fat starts to causes problems with the insulin's ability to work causing insulin resistance that becomes diabetes. Excessive dairy also causes problems with inflammation in the body especially the joints and turns into arthritis and other problems with excessive calcification. For hundreds of years people have died and suffered illness from eating too much of this stuff and it was all organic.

Heart disease, diabetes and cancer and the three killers in the western world. This is from the processed foods and the over consumption of animal foods.

I get told "while my grand ma or pa so and so" about eating this stuff. Well I remember eating dinner at my grandma's table. On the plate was a small piece of ham or beef. And surrounding it and filling the entire plate was potato's, corn, green beans, carrots and pea's. And they didn't eat fast food. They also didn't eat processed foods or drink soda.

Now the whole plate is meat, dairy and maybe a little bit of corn or a potato. Or just McDonald's.

The healthiest people eat a diet that is up to eighty plus percent of clean vegetables, fruits and starches. Don't eat fast food or junk food, don't drink soda or booze don't smoke and get some exercise. And drink water.

We have lost the knowledge of plants in our diet in the west. This also includes the use of herbs. It used to be people grew their own food and herbal gardens and ate most of their diet in plant foods. And knew how to do this properly. Eating excessive amounts of animal foods makes it harder to switch the diet over to higher plants as the body has to learn to adapt to this over time from findings on how diet affects DNA. This is why successful vegetarians slowly switched their diet over during a long period of time. Giving the body time to adapt. With do you think the enemy is making organic food so expensive along with high end supplements that work.

Don't tell me about the food pyramid its a scam that has been changed many times. The plants keep getting smaller and the animal products more. Soon it will just be 90 percent McDonalds they will be putting on there.

If you eat the Jews fast food don't pretend your woke on the Jews. Your still taking their poison.

SOURCE: <https://ancient-forums.com/viewtopic.php?f=24&t=3381>